May 5, 2017

Message from the Secretary

Each May, the U.S. Department of Health and Human Services’ Administration for Community Living (ACL) leads the nation’s celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, Age Out Loud, intended to reflect what today’s older adults have to say about how and where they age. This theme shines a light on many important trends, such as how older Americans are working longer, trying new things, and engaging in their communities. How they are taking charge, striving for wellness, focusing on independence, and advocating for themselves and for others.

Needless to say, this first week of May has been filled with opportunities that have allowed me to hear what older adults - in a variety of Pennsylvania counties – have had to say about how and where they age. Monday landed me Pittsburgh (Allegheny County), where on the campus of the University of Pittsburgh in the William Penn Union Center, I attending a joint public hearing held by the Senate Health and Human Services, Senate Intergovernmental Operations, and Senate Appropriations subcommittee on Health and Human Services to consider the impact of the proposed creation of the Department of Health and Human Services (HHS). The 19 testifiers passionately express their opinions about the creation of Pennsylvania’s new Department of Health and Human Services and the opportunity we have to realign and reimagine how we provide public health, social, and human services.

On Thursday, I had the true fortune of traveling to the Poconos (Monroe County) to attend the Pennsylvania Home Care Association Annual Conference. During the Awards Breakfast, I had the distinct pleasure of recognizing the 2017 Pennsylvania Direct Care Worker of the Year, Olivanne ‘Anne’ Pannone, a home health aide with BAYADA Home Health Care in Philadelphia. Direct care workers are the backbone of our long-term services and supports system as they provide critical services to the older Pennsylvanians entrusted to their care. After introducing Anne to the hundreds of PHA members in attendance, she took the podium to passionately and gracefully share some words of true wisdom of the work that she and countless other direct care worker professionals perform every day in the homes of Pennsylvania seniors every day. Anne creatively concluded her remarks by referencing Dorothy from the Wizard of Oz. As Pennsylvania’s seniors know, like Dorothy, that “there is no place like home.”

Later in the day on Thursday, I arrived in Philadelphia County to participate in the Northeast Philadelphia Centenarian Luncheon hosted by Kleinlife, to honor 18 centenarians. During the event, the centenarians were joined by friends, family, and community leaders in recognition of their incredible gift of longevity in reaching 100 years of age or older. It was humbling to pause during Older Americans Month to recognize these amazing women and men who are true role models for how to live long and age well in Northeast Philadelphia and anywhere in the state.

I remained in Philadelphia on Thursday evening to participate in a roundtable discussion on The Village Movement. Villages enable people to stay in their homes as they grow older. The Village Movement began in 2002 with the founding of Beacon Hill Village in Boston, MA. Today, there
are over 200 open villages and 150 in development in 45 states and the District of Columbia. Our Village Roundtable was organized by some incredible seniors, including: Mary Flournoy of the East Falls Village; Jane Eleey and Dave Lewis of the Penn’s Village; Charlie Day and Phil Hineline also of the East Falls Village, and Peter Javiscas and Faye Ross of the Northwest Village Network; Our session was moderated by Anne Hagele. Their efforts were also supported by Representative Pam DeLissio, who serves on the House Aging and Older Adult Services Committee and the Pennsylvania Long Term Care Council. With over 50 community minded individuals attending, we engaged in a robust conversation about the role of villages in Pennsylvania and the potential for state and local government support, along with how this concept can be implemented in other communities throughout Pennsylvania. With a commitment to how neighbors can help neighbors stay neighbors, we agreed to continue to connect and communicate so that the Village Concept can continue to be explored as together we strove to serve and support others who share a common goal: to live and age in place in one’s home and community with dignity and respect.

This week came to a close earlier today when I attended the 33rd Annual Pike County Area Agency on Aging Volunteer Recognition Celebration. The women and men honored during the celebration are volunteers who selflessly share their gifts and talents with other seniors in need. Each volunteer’s story serves to inspire, encourage, energize, educate, and empower others to get up and take action that creates true change. Individually and collectively, our senior volunteers shine a dazzling light that brightens lives and improves communities every day, and I am privileged to be a part of this amazing Pennsylvania aging network.

Teresa Osborne
Secretary

Personnel Updates

Troy Dunston is transferring on 5/8/17 as an Aging Services Specialist from the Education and Outreach Office to the Older Americans Act Services Division in the Bureau of Aging Services. Troy’s contact information remains the same: tdunston@pa.gov, 717-783-6205.

Patrick Lally is starting on 5/8/17 as a Project Manager contractor with the Aging and Disability Resources Office. Patrick can be reached at c-plally@pa.gov, 717-783-4502.

Kyle Shemory is transferring on 5/12/17 from a Clerk Typist position in the Protective Services Office’s Criminal History Background Check Unit to another state agency.

Marsha Gantt is retiring on 5/13/17 from a Clerk Typist position in the Operations and Management Office. We thank Marsha for her service in staffing the receptionist desk and assisting callers to the Department of Aging, and we wish her well in retirement.

Bureau of Aging Services

Registration ongoing for nutrition conference
The Pennsylvania Department of Aging will host its 2017 Nutrition Conference on Tuesday, May 16, 2017, at The Penn Stater Conference Center and Hotel. The conference brings together national and regional speakers offering a wealth of information about healthy eating, nutritional challenges related to aging, food safety and targeted marketing.
With 26 percent of the population “boomers” and growing, how can current nutrition programs serve both the young and the old of the aging population? Nutrition programs and nutritionists today are working to change their image, create excitement, build credibility and prepare for the choices seniors want. This conference offers valuable information for all attendees and features current practices that produce the best outcomes and emerging ideas that show the greatest promise for nutrition health in the future.

Cost is $65 for AAA staff, contracted dietitians with AAA and Senior Center staff. The fee for non-AAA attendees is $100. Registration will include a Continental breakfast, breaks and lunch.

Online preregistration for the event is required due to space limitations. Interested parties may register here, where you will be prompted to log in to your training account.

There are two methods for you to book a room at the Penn Stater Hotel and Conference Center:

1. By Telephone: Call the Central Reservations Department at 1-800-233-7505 and reference the Group Code: NHWC17A.

2. Online: Book your room via the Penn Stater’s secure website. To reserve your overnight room, click here www.pennstatehotels.com. When you reach the Penn Stater website, click on “THE PENN STATER HOTEL AND CONFERENCE CENTER”, then click on the blue “BOOK NOW” button, located at the top right-hand side of the page. A pop-up screen will appear, where you should type in the Group Code: NHWC17A.

Room rate is $114 per night, plus applicable taxes.

For further information, please contact Jill Campbell, RD, at (717) 772-0371 or c-jicampbe@pa.gov.

**Pennsylvania Department of Aging to begin SHARE program**

The Department of Aging is initiating a Shared Housing Match-up Pilot called SHARE (Shared Housing and Resource Exchange) in Pike, Wayne and Monroe counties with grant funds awarded from the Money Follows the Person (MFP) program.

This pilot program, which runs through June 2020, will help address an increasing need for affordable housing options for seniors and seniors with disabilities. The program will match homeowners with extra space in their homes with individuals seeking affordable housing. To qualify for the program, at least one of the home sharers must be over the age of 60.

Two full-time SHARE Housing Counselors will be hired to implement, support and oversee the pilot in Pike, Wayne and Monroe counties.

To view the SHARE Housing Counselor job description and requirements for consideration, please visit the AAA websites for Pike County (www.pikepa.org), Wayne County (www.waynecountypa.gov) or Monroe County (www.monroecountypa.gov).

**Aging staff involved in WIOA regionals**

Pennsylvania Department of Aging staff recently participated in the Pennsylvania Department of Labor & Industry’s WIOA regional meetings.
The meetings brought together partners and their stakeholders with two primary goals -- educating each other about the different services each partner and stakeholder provides and establishing a networking opportunity in order to cement relationships and cultivate referral systems. Meetings took place in Hershey, Pittsburgh and Philadelphia.

A short presentation on the Senior Community Service Employment Program was provided.

**Protective Services Office**

**Save the Dates! – Cross Training Opportunities**
Through the collaborative efforts of PDA, PCCD, PCAR and PCADV, we are pleased to announce the dates of 4, one-day long statewide training symposiums at locations across PA. Every AAA must be represented at one of these training opportunities.

All trainings will be held from 9 am – 3 pm on the dates as follows:
- **Symposium #1** - June 6, 2017 - Butler County - American Legion Post #778, 150 Legion Memorial Ln, Butler, PA 16045
- **Symposium #2** - June 13, 2017 - Clearfield County - Lock Haven University, 201 University Dr, Clearfield, PA 16830
- **Symposium #3** - June 20, 2017 - Union/Snyder Counties - Government Training Center, 155 N. 15th St, Lewisburg, PA 17837
- **Symposium #4** - June 27, 2017 - Montgomery County - Temple University/Ambler Campus Learning Ctr, 580 Meetinghouse Rd, Ambler, PA 19002

**Education and Outreach Office**

**Health and Wellness Program**
The Health and Wellness Program focuses on health promotion and disease prevention activities for older Pennsylvanians with a special focus on health risk screening, nutrition, chronic conditions, fall risk, exercise, and strengthening to prevent fall-related injury, monitoring behavioral health, and managing medications. Please see upcoming wellness workshops below:

**Allegheny** – Healthy Steps for Older Adults (fall risk screening & education)
Bethel Park Community Center
5151 Park Avenue
Bethel Park, PA 15102
Date: May 15, 2017
Time: 10:00 a.m. – 2:00 p.m.
Contact: Jessica Gettig, Regional Manager, at 412-831-7111
No charge for this class

Plum Creek Acres
501 Center-New Texas Road
Pittsburgh, PA 15239
Date: May 23, 2017
Time: 9:30 a.m. – 1:30 p.m.
Contact: Valerie A. Miller, CIRS-A/D at 412-795-2330
No charge for this class

**Armstrong** – Healthy Steps for Older Adults (fall risk screening & education)
Worthington Senior Community Center  
218 East Main Street  
Worthington, PA 16262  
Date: May 9, & 12, 2017  
Time: 10:00 a.m.  
Contact: Charlotte Welles, Senior Center Supervisor, at 724-548-3290  
No charge for this class

**Bradford** – Chronic Disease Self-Management Program (education on living a healthier life)  
Bentley Creek Wesleyan Church  
13255 Berwick Turnpike  
Gillet, PA 16925  
Dates: Thursdays, April 13, 2017 - May 18, 2017  
Time: 9:00 a.m.-11:30 a.m.  
Contact: Tiffani Warner, Health & Wellness Coordinator at 570-265-6121  
No charge for this class

**Bucks** – Diabetes Self-Management Program (education on living a healthier life with Diabetes)  
Eastern Upper Bucks Senior Center  
8040 Route 611  
Ottsville, PA 18942  
Schedule: Thursdays May 11, 18, and June 1, 2017  
Time: 10:00 a.m. – 12:30 p.m.  
Please contact: Eastern Upper Bucks Senior Center at 610-847-8178  
No charge

**Bucks** – Chronic Disease Self-Management Program (education on living a healthier life)  
Northampton Twp. Senior Center  
165 Township Road  
Richboro, PA 18954  
Dates: May 10, 24, and 31, 2017  
Time: 12:30 p.m. - 3:00 p.m.  
Please contact: Northampton Twp. Senior Center at 215-357-8199  
No charge for this class

Middletown Senior Center  
2142 Trenton Rd  
Levittown, PA 19056  
Dates: May 15, and 22, 2017  
Time: 10:00 a.m. - 12:30 p.m.  
Please contact: Middletown Senior Center at 215-945-2920  
No charge for this class

**Butler** – Healthy Steps for Older Adults (fall risk screening & education)  
Passavant Senior Community  
105 Burgess Drive  
Zelienople, PA 16063  
Date: May 8, 2017 (workshop), June 8, 2017 (phone follow up)  
Time: 1:00 p.m.  
Contact: Brian Damaska, Wellness Coordinator at Passavant Community, at 724-452-3456  
No charge
Carbon – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Jim Thorpe/Penn Kidder Senior Center
995 State Route 903
Jim Thorpe, PA 18229
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Anne Horrigan, at 610-824-7830 (ext. 227)
No charge

Chester – Chronic Disease Self-Management Program (education on living a healthier life)
Surrey Services for Seniors-Center for Healthy Living
60 Surrey Way
Devon, PA 19333
Dates: Tuesdays, April 18, 2017 – May 23, 2017
Time: 6:00 p.m. - 8:30 p.m.
Please contact: Nicole Robinson, Program Development Manager, at 610-647-9172
No charge for this class
Weblink: https://www.surreyservices.org/

Chester – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Trinity House
15 Leopard Rd
Berwyn 19312
Schedule: Tuesdays, May 16, 23, 30 and June 6, 13, 20, 2017
Time: 2:00 p.m. – 4:30 p.m.
Please contact: Nicole Robinson, at 610-647-9172
No charge

Clearfield – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Clearfield Center for Active Living
116 South 2nd Street
Clearfield, PA 16830
Schedule: Tuesdays, May 9, 16, 23, 30 and June 5, 2017
Time: 1:00 p.m. – 3:30 p.m.
Please contact: Cheryl Mosley, Clearfield Center for Active Living Manager, at 814-765-9319
No charge

Decatur Village
65 Irwin Drive
Philadelphia, PA 16866
Schedule: Thursdays, June 8, 15, 22, 29 and July 6, 13, 2017
Time: 9:30 a.m. – 12:00 p.m.
Please contact: Pam, Director at Decatur Village, at 844-213-4247
No charge

Clearfield – Healthy Steps in Motion (exercise classes for strength & balance)
Mahaffey Center for Active Living
958 Market Street
Mahaffey, PA 15757
Schedule: Mondays and Thursdays at 10:30 a.m.  
All activities are posted at [www.ccaaa.net](http://www.ccaaa.net)

Coalport Center for Active Living  
851 Rear Main Street  
Glendale Medical Center Complex  
Coalport, PA 16627  
Schedule: Tuesdays and Thursdays 10:30 a.m. – 11:30 a.m.  
All activities are posted at [www.ccaaa.net](http://www.ccaaa.net)

Clearfield Center for Active Living  
116 South 2nd Street  
Clearfield, PA 16830  
Schedule: Thursdays 10:00 a.m. – 10:30 a.m.  
All activities are posted at [www.ccaaa.net](http://www.ccaaa.net)

**Clearfield** – Healthy Steps for Older Adults (fall risk screening & education)  
Clearfield Center for Active Living  
116 South 2nd Street  
Clearfield, PA 16830  
Dates: May 9, 2017  
Time: 9:30 a.m. – 11:30 a.m.  
Please contact: Cheryl Mosley, Center Manager at 814-765-9319  
No charge for this class  
Weblink: [www.ccaaa.net](http://www.ccaaa.net)

Glendale Medical Center Complex  
850 Rear Main Street  
Coalport, PA16627  
Dates: May 16, 2017 and May 18, 2017  
Time: 9:30 a.m. – 1:15 p.m.  
Please contact: Sharon Hamilton, Center Manager at 814-672-3574  
No charge for this class  
Weblink: [www.ccaaa.net](http://www.ccaaa.net)

Decatur Village  
65 Irwin Drive  
Philipsburg, PA 16866  
Dates: May 11, 2017 and May 12, 2017  
Time: 10:00 a.m. – 12:00 p.m.  
Please contact: Jackie Anderson, Center Services Coordinator, at 814-765-2696  
No charge for this class  
Weblink: [www.ccaaa.net](http://www.ccaaa.net)

**Crawford** – Chronic Disease Self-Management Program (education on living a healthier life)  
Lakeland Valley Senior Center  
237 South Pymatuning Street  
Linesville, PA 16424  
Dates: Wednesdays, May 10 - June 14, 2017  
Time: 12:30 p.m. - 2:30 p.m.  
Please contact: Rhonda Wood, Senior Center Manager, at 814-683-4959
No charge for this class

**Crawford** – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Lew Davies Community Center
1034 Park Ave
Meadville, PA 16335
Schedule: Thursdays, May 4, 2017 – June 8, 2017
Time: 12:30 p.m. – 2:30 p.m.
Please contact: Ashlee Kechum, Senior Center Manager, at 814-336-1792
No charge

**Cumberland** – Healthy Steps in Motion (exercise classes for strength & balance)
Mechanicsburg Place
97 West Portland Street
Mechanicsburg, PA 17055
Dates: March 29, 2017 – May 24, 2017
Time: 10:00 a.m. – 11:00 a.m.
Please contact: Danielle Reighter, Senior Center Manager, at 717-697-5947
No charge for this class

Schaner Senior Center
98 South Enola Drive
Enola, PA 17025
Dates: March 30, 2017 – May 25, 2017
Time: 9:00 a.m. – 10:00 a.m.
Please contact: Lynne Kemper, Senior Center Director, at 717-732-3915
No charge for this class

**Delaware** – Chronic Disease Self-Management Program (education on living a healthier life)
Surrey Broomall
144 Lawrence Road
Broomall, PA 19008
Dates: May 8, 15, 22, and June 5, & 12, 2017
Time: TBD
Please contact: Kathy Henderson at 610-566-0505
No charge for this class

Glen Mills Senior Living
242 Baltimore Pike
Glen Mills, PA 19324
Dates: May 11, 18, 25, and June 1, 2017
Time: 1:30 p.m.
Please contact: Kathy Henderson at 610-566-0505
No charge for this class

**Indiana** – Healthy Steps in Motion (exercise classes for strength & balance)
Indiana Social Center
1001 Oak Street
Indiana, PA 15701
Schedule: Mondays and Fridays, April 3, 2017 – June 2, 2017
Time: 9:15 a.m. – 10:15 a.m.
Contact: Lori Sarver, Center Manager, at 724-465-2697
No charge
Website: www.agingservicesinc.com

Two Lick Valley Social Center
450 Franklin Street
Clymer, PA 15728
Schedule: Mondays and Fridays, April 3, 2017 – June 2, 2017
Time: Mondays: 11:00 a.m. – 12:00 p.m. and Fridays: 1:00 p.m. – 2:00 p.m.
Contact: Betsy Miller, Center Manager, at 724-254-9820
No charge
Website: www.agingservicesinc.com

Indiana – Healthy Steps for Older Adults (fall risk screening & education)
Chestnut Hills Social Center
26 Heybert Drive
Blairsville, Pa. 15717
Dates: Friday May 12, 2017
Time: 10:00 a.m. – 12:00 p.m.
Please contact: Michele Haynes, Center Manager, at 724-459-5251
No charge for this class

Aultman Fire Hall
58th West Seventh Street
Aultman, PA 15713
Dates: Fridays, May 17, 2017 and May 24, 2017
Time: 10:00 a.m. – 12:00 p.m.
Please contact: Ashlee Long, Center Manager, at 724-349-4500
No charge for this class

Saltsburg Social Center
212 Point Street
Saltsburg, Pa. 15681
Dates: Thursdays, May 25, 2017 and June 1, 2017
Time: 10:00 a.m. – 12:00 p.m.
Please contact: Margaret Kupchella, Center Manager, at 724-639-9055
No charge for this class

Lackawanna – Healthy Steps in Motion (exercise classes for strength & balance)
VNA Hospice and Home Health
301 Delaware Ave
Olyphant, PA 18447
Schedule: Tuesdays and Thursdays
Time: 11:00 a.m.
Please contact: Nancy Post, Health and Wellness Coordinator, at 570-347-5616
No charge for this class

Lackawanna – Healthy Steps for Older Adults (fall risk screening & education)
Delaware Tower
100 Smallacmobe Drive
Scranton, PA 18508
Dates: May 22 and 24, 2017
Time: 1:00 p.m.
Please contact: Nancy Post, Health and Wellness Coordinator, at 570-347-5616
No charge for this class

Carbondale Senior Center
66 N Church Street
Carbondale, PA 18407
Dates: June 20 and 22, 2017
Time: 10:00 a.m.
Please contact: Nancy Post, Health and Wellness Coordinator, at 570-347-5616
No charge for this class

**Lawrence** – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Challenges, Options in Aging
2706 Mercer Road
New Castle, PA 16105
Schedule: Wednesdays, April 26 – May 31, 2017
Time: 1:00 p.m.
Contact: Rachel Yeager, Center Supervisor, 724-658-3729
No charge for this class

**Lehigh** – Chronic Disease Self-Management Program (education on living a healthier life)
Lehigh Valley Active Life
1633 West Elm Street
Room 102
Allentown, PA 18102
Dates: Wednesdays, May 3 – June 7, 2017
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Monica Yastrzab-Kempf, RN Consultant at 610-782-3618
No charge for this class

**Lehigh** – 10-Keys to Healthy Aging (education on taking control of your health and Medicare Preventative Services)
Lehigh Valley Active Life
1633 West Elm Street
Allentown, PA 18102
Date: May 9, 11, 16, & 18, 2017
Time: 9:30 a.m. – 11:30 a.m.
Please contact: Monica Yastrzab-Kempf, RN Consultant at 610-782-3618
No charge for this class

**Lehigh** – Healthy Steps in Motion (exercise classes for strength & balance)
AHEPA 60
1810 South Albert Street
Allentown, PA 18103
Dates: March 30 – May 18, 2017
Time: 1:00 p.m. – 2:00 p.m.
Please contact: Monica Yastrzab-Kempf, RN Consultant at 610-782-3618
No charge for this class

**Luzerne** – 10-Keys to Healthy Aging (education on taking control of your health and Medicare Preventative Services)
Rose Tucker Active Adult Center
145 East Green Street
Nanticoke, PA 18640
Date: Wednesdays, September 6, 2017 – October 4, 2017
Time: 10:00 a.m. – 1:00 p.m.
Please contact: Gail Voyton, Center Director, 570-735-1670
No charge for this class

**Lycoming** – Chronic Disease Self-Management Program (education on living a healthier life)
Jersey Shore Senior Center (Center for Healthy Aging)
641 Cemetery St
Jersey Shore, PA 17740
Dates: Thursdays, April 6, 2017 - May 11, 2017
Time: 1:00 p.m. - 3:30 p.m.
Contact: Brenda McDermit, Health, Nutrition, and Fitness Center Coordinator at 570-398-4325
No charge for this class

**Montgomery** – Chronic Disease Self-Management Program (education on living a healthier life)
St. Maria Goretti Parish
1601 Derstine Road
Hatfield, PA 19440
Dates: April 19, 2017 – May 24, 2017
Time: 1:00 p.m.
Please contact: Paula Klauger, Health & Wellness Coordinator, at 215-872-3222
No charge for this class

The Center at the Open Link
517 Jefferson Street
East Greenville, PA 18041
Dates: Fridays, June 9, 2017 - July 14, 2017
Time: 1:00 p.m.
Please contact: Sheila Ruth, Center Manager, at 215-679-6550
No charge for this class

**Northampton** – Healthy Steps for Older Adults (fall risk screening & education)
Cherryville Senior Center
4131 Lehigh Drive
Cherryville 18035-1030
Dates: May 23, 2017 and May 25, 2017
Time: 9:30 a.m. – 11:30 a.m.
Please contact: Karen Ferraina, Center Director, at 610-767-2977
No charge for this class

**Northumberland** – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Geisinger Shamokin Area Community Hospital
4200 Hospital Rd  
Coal Township, PA 17866  
Time: 10:00 a.m. – 12:30 p.m.  
Please contact: GHP Wellness at 866-415-7138  
No charge  
Website: https://events.geisinger.org/events.cfm

Geisinger Shamokin Area Community Hospital  
4200 Hospital Rd  
Coal Township, PA 17866  
Schedule: Mondays, June 5, 2017 – July 17, 2017  
Time: 1:00 p.m. – 3:30 p.m.  
Please contact: GHP Wellness at 866-415-7138  
No charge  
Website: https://events.geisinger.org/events.cfm

Geisinger Shamokin Area Community Hospital  
Administration Building – Conference Room  
4200 Hospital Rd  
Coal Township, PA 17866  
Schedule: Fridays, April 5, 2017 – May 10, 2017  
Time: 1:00 p.m. – 3:30 p.m.  
Please contact: GHP Wellness at 866-415-7138  
No charge  
Weblink: https://events.geisinger.org/events.cfm

Geisinger Shamokin Area Community Hospital  
4200 Hospital Rd  
Coal Township, PA 17866  
Schedule: Thursdays, July 6, 2017 – August 10, 2017  
Time: 9:00 a.m. – 11:30 a.m.  
Please contact: GHP Wellness at 866-415-7138  
No charge  
Weblink: https://events.geisinger.org/events.cfm

**Perry** – Healthy Steps in Motion (exercise classes for strength & balance)  
Marysville Sr. Center  
198 Leonard Street  
Marysville, PA 17053  
Date: April 4, 2017 - May 25, 2017  
Time: 10:15 a.m. - 11:15 a.m.  
Please contact: Allyson Valentine, Outreach Coordinator at 717-582-5128  
No charge for this class.

**Perry** – Healthy Steps for Older Adults (fall risk screening & education)  
Liverpool Senior Citizens Center  
403 Union Street  
Liverpool, PA 17045  
Dates: May 23, 2017 and May 24, 2017  
Time: 9:00 a.m. – 11:00 a.m.
Philadelphia - National Council on Aging’s Aging Mastery Program: AMP
Empowers older adults to make impactful changes in their life behaviors. We are living longer. Are we living better? After completing this 10 Week program your answer will be yes.
St Peter’s Evangelical Lutheran Church
2167 74th Avenue
Philadelphia, PA 19138
Hosting: Pain Self-Management Program
Date – April 13, 2017 – May 18, 2017
Time – 10:30am -1:00 pm

Schuylkill – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
Schuylkill Regional Resource Center
138 West Centre Street
Mahanoy City, PA 17948
Schedule: May 11, 18, & 25, 2017
Time: 12:30 p.m. – 3:00 p.m.
Please contact: Jenny Wagner, Community Wellness Coordinator, Diakon Community Services, at 570-624-3017
No charge

Snyder – Healthy Steps for Older Adults (fall risk screening & education)
Fremont Fire Dept. Social Hall
299 Millrace Road
Mt. Pleasant Mills 17853
Dates: May 11, 2017
Time: 9:00 a.m. – 12:30 p.m.
Please contact: Union-Snyder Agency on Aging, Inc. at 570-524-2100 or 570-374-5558
No charge for this class.

Susquehanna – 10-Keys to Healthy Aging (education on taking control of your health and Medicare Preventative Services)
B/S/S/T AAA, Inc. office
157 Spruce St.
Montrose, PA 18801
Date: Tuesdays and Thursdays May 23 – June 22, 2017
Time: 9:30 a.m. – 11:30 a.m.
Contact: Tiffani Warner, Health & Wellness Coordinator at 580-982-4346
No charge

Tioga – Chronic Disease Self-Management Program (education on living a healthier life)
Mansfield Senior Center
1103 South Main St
Mansfield, PA 16933
Dates: April 6, 2017 - May 11, 2017
Time: 9:00 a.m. – 11:30 a.m.
Contact: Tiffani Warner, Health & Wellness Coordinator at 1-800-982-4346
No charge for this class
Tioga – 10-Keys to Healthy Aging (education on taking control of your health and Medicare Preventative Services)
Mansfield Senior Center
1101 S. Main St
Mansfield, PA 16933
Date: Tuesdays and Thursdays May 23 – June 22, 2017
Time: 9:30 a.m. – 11:30 a.m.
Contact: Tiffani Warner, Health & Wellness Coordinator at 580-982-4346
No charge

Washington – Healthy Steps for Older Adults (fall risk screening & education)
Chamber Plaza
305 Chamber Plaza
Charleroi, PA 15022
Dates: May 9, 2017
Time: 9:30 a.m. – 2:30 p.m.
Please contact: Patricia Mounts, Health & Wellness Coordinator, at 724-228-7080
No charge for this class

Wayne – Healthy Steps in Motion (exercise classes for strength & balance)
Hamlin Senior Center
15 Township Building Road
Hamlin, PA 18427
Dates: April 19, 2017 – June 14, 2017
Time: 10:00 a.m.
Please contact: Sunshine Bryant, Hamlin Center Manager, at 570-689-3766
No charge for this class

Wayne – Chronic Disease Self-Management Program (education on living a healthier life)
Honesdale Senior Center
323 10th Street
Honesdale, PA 18431
Time: 1:00 p.m. – 4:00 p.m.
Please contact: Diane Riveland, CDSM Master Trainer, at 570-253-4262
No charge for this class

Westmoreland – Chronic Disease Self-Management Program (education on living a healthier life)
Mckenna Center For Active Adults
971 Old Salem Road
Greensburg, PA 15601
Dates: May 10, 17, 24, 31 and June 6, 2017
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Mary Biagini, Supervisor, at 724-837-8832
No charge for this class

Wyoming – 10-Keys to Healthy Aging (education on taking control of your health and Medicare Preventative Services)
Laceyville Public Library
West Main Street
Laceyville, PA 18623
Date: Thursdays, Beginning June 29, 2017
Time: 10:00 a.m. – 1:00 p.m.
Please contact: Mary Tyler, Librarian, at 570-869-1958
No charge for this class

York – Diabetes Self-Management Program (education on living a healthier life with Diabetes)
HealthSouth Rehabilitation Hospital of York
1850 Normandie Drive
York, PA 17404
Schedule: May 9, 2017
Time: 6:00 p.m. – 8:30 p.m.
Please contact: Megan Craley, Administrative Officer 1, at 717-771-9610
No charge

York County ANNEX Building
Classroom #3
112 Pleasant Acres Rd
York, PA 17404
Schedule: May 11, 18, and 25, 2017
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Megan Craley, Administrative Officer 1, at 717-771-9610
No charge

St. Peter’s Lutheran Church
947 N. George Street
York, PA 17404
Schedule: July 13, 20, 27, and August 3, 10, and 17, 2017
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Megan Craley, Administrative Officer 1, at 717-771-9610
No charge

Country Meadows – Leader Heights
2760 Pine Grove Road
York, PA 17403
Time: 9:00 a.m. – 11:30 a.m.
Please contact: Megan Craley, Administrative Officer 1, at 717-771-9610
No charge

PA Link to Aging and Disability Resources

Beaver County
Event: Opioid Epidemic Training
Description: Explores a brief history of the epidemic, how it is impacting social service agencies, utilization of Naloxone/Narcan, understanding addiction as a disease and understanding personal liability when encountering a potential overdose. Participants should be able to ascertain symptoms of an overdose versus other medical issues, understand how to administer Naloxone/Narcan, understand what will be the reaction of the patient and how managers should
speak with their employees regarding addressing a client/patient that may be experiencing an opioid overdose.

**Location:** Community College of Beaver County, 1 Campus Drive, Monaca, PA 15061

**Date:** Thursday, May 11, 2017

**Time:** 8:30 am - 12:00 pm. Lunch will be provided after the session to allow participants a chance to network. Lunch provided by BCCAN.

**Contact:** Lynell Scaff at lscaff@bccan.org.

**Bradford County**

**Event:** Cascading Effects of Aging: working with Individuals with Intellectual Disabilities

**Description:** The cascading effects of both the emotional and physical change can present with behavioral and psychiatric symptoms in individuals with intellectual disabilities. This presentation will discuss the normal age related changes in older individuals and the specific changes that present in individuals with Down’s Syndrome. This seminar targets all professionals working in the aging, intellectual/developmental disabilities, mental health, substance abuse or long-term care systems. Presented by Linda Shumaker at the PA Behavioral Health and Aging Coalition.

**Location:** Wysox Fire Hall, 111 Lake Rd., Wysox, PA 18854

**Time:** 10:00 a.m.-12:00 p.m.

**Contact:** Tiffani Warner, PA Link Coordinator at 1-800-982-4346 or twarner@bsstaaa.org

**Deadline:** Please call by May 15th

**Butler County**

**Event:** Dementia Conversations and Family Caregiver Seminar

**Description:** How to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans. This seminar will also leave attendees with understanding about Family Caregiver Programs in Butler County. Presenters include The Alzheimer’s Association and The Butler County Area Agency on Aging.

**Location:** Tanglewood – Coleman Hall, 10 Austin Avenue, Lyndora, PA 16045

**Date:** Wednesday, May 10, 2017

**Time:** 11:00 AM – 1:00PM

**Contact:** Brittany Buzzelli, PA Link Coordinator
  
  Email - bbuzzzell@co.butler.pa.us
  
  Phone - 724-282-3008

**Registration Deadline:** May 9th

**Delaware County**

**Event:** 2017 Caregiver Academy

**Description:**
Caregivers will learn from professionals covering subject areas relevant and helpful to caregivers, including expert psychologists and licensed clinical social workers.

“Caregiver Tools” which will include items such as books or CD’s reinforcing the learning experience will be provided to the first 25 registered attendees. Peace of mind to the caregiver will also be provided by offering on-site activity-focused respite care for care receivers who attend with their caregiver. All six sessions are free of charge.

**Location:** Good Neighbor Senior Center, 1085 Hook Rd, Sharon Hill, PA 19079

**Date:** Every other Thursday starting April 6th. (April 20th; May 4th, 18th; June 1st, 15th) from 4:00-5:30pm

**Contact:** Joanne Graham or Bea McGlone at 610-586-8170

**Registration Deadline:** None
**Indiana County**
**Event:** Identifying & Dealing with Senior Bullying  
**Description:** In this seminar participants will learn the definition of bullying, the types of bullying behavior, the impact it leaves on the target, other problematic behaviors, what happens if bullying isn’t addressed, possible solutions and about the individuals that bully. The event is FREE and open to agency providers and PA Link partners.  
**Location:** The Rustic Lodge, 2199 Oakland Ave. Indiana, PA  
**Date:** Thursday, May 18, 2017  
**Time:** 8:30am – 12:30pm  
**Contact:** Melinda McCoy, Link Coordinator  
  Email - palinkcoordinator5@gmail.com  
  Phone - 724- 237-1242  
**Registration Deadline:** May 8th

**Indiana County:**  
**Event:** Identifying & Dealing with Senior Bullying  
**Description:** In this seminar participants will learn the definition of bullying, the types of bullying behavior, the impact it leaves on the target, other problematic behaviors, what happens if bullying isn’t addressed, possible solutions and about the individuals that bully. The event is FREE and open to agency providers and PA Link partners.  
**Location:** The Rustic Lodge, 2199 Oakland Ave. Indiana, PA  
**Date:** Thursday, May 18, 2017  
**Time:** 8:30am – 12:30pm  
**Contact:** Email palinkcoordinator5@gmail.com or call (724) 237-1242 by May 8th, leave a message to register.

**Lawrence County**  
**Event:** Dementia Conversations and Family Caregiver Seminar  
**Description:** How to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans. This seminar will also leave attendees with understanding about Family Caregiver Programs in Lawrence County. Presenters include The Alzheimer’s Association and Challenges: Options in Aging. Free parking available in Washington Centre lot.  
**Location:** The Confluence, 214 E. Washington Street, New Castle, PA 16101  
**Date:** Friday, May 12, 2017  
**Time:** 11:00AM– 1:00PM  
**Contact:** Brittany Buzzelli, PA Link Coordinator  
  Email - bbuzzell@co.butler.pa.us  
  Phone – 724-282-3008  
**Registration Deadline:** May 9th

**Lehigh/Northampton Counties**  
**Event:** Empowering Older Adults with Intellectual Disabilities Conference  
**Description:** A conference to educate professionals about empowering individuals who are aging with an intellectual disability.  
**Location:** De Sales University Center, 2755 Station Avenue, Center Valley, PA  
**Date:** June 7, 2017  
**Time:** 7:30 a.m. to 4:30 p.m.  
**Contact:** Email – kimberlymelusky@lehighcounty.org  
  Phone – 610-782-3096  
**Registration Deadline:** Registration is $45.00 and deadline to register is May 19, 2017.
Lehigh/Northampton Counties
Event: PA Link Training
Description: Presentations will be on PA Link to Aging and Disability Resources and the new CARE Act.
Location: Northampton County Human Services Building, 2801 Emrick Blvd, Bethlehem, PA
Date: May 10, 2017
Time: 10:00 a.m. to 11:30 a.m.
Contact: Email – kimberlymelusky@lehighcounty.org
Phone – 610-782-3096
Registration Deadline: Registration by contacting kimberlymelusky@lehighcounty.org

Lehigh/Northampton Counties
Event: Empowering Older Adults with Intellectual Disabilities Conference
Description: A conference to educate professionals about empowering individuals who are aging with an intellectual disability.
Location: De Sales University Center, 2755 Station Avenue, Center Valley, PA
Date: June 7, 2017
Time: 7:30 a.m. to 4:30 p.m.
Contact: Email – kimberlymelusky@lehighcounty.org
Phone – 610-782-3096
Registration Deadline: Registration is $45.00 and deadline to register is May 19, 2017.

Luzerne/Wyoming/Lackawanna/Carbon Counties
Event: “What it Means to Grow Old for Individuals with Intellectual Disabilities”
Description: Linda Schumaker, RN, Outreach Coordinator for the PA Behavioral Health and Aging Coalition will be training on identifying signs of mental disorder that should be assessed by a professional. Education includes “normal age related physical and mental changes”, psychiatric issues including depression, dementia, and early intervention of delirium in clients with chronic mental illness or intellectual disabilities.
Location: Genetti’s Conference Center, 77 East Market Street, Wilkes-Barre, PA
Date: June 9, 2017
Time: 8:30-9:30-Registration/ Workshop: 9:30-3:30
Contact: E-mail – Julie Mann @ ccaging14@ptd.net
There is no fee for this workshop and lunch is included.
Registration Deadline: May 29, 2017

Lycoming County
Event: River Valley Senior Providers Group Meeting
Description: Join PA Link to meet other like-minded professionals from a seven–county area who are working to help local seniors and individuals with disabilities. Our May RVSPG Meeting will be held at The Hillside Senior Living Community in Montoursville. Stacy Milheim, Community Liaison for Haven Behavioral Hospital of Eastern PA will speak about Understanding Older Adult Aggression. There is no cost to attend.
Location: Hillside Senior Living Community, 2725 Four Mile Drive, Montoursville, PA 17754
Date: May 10, 2017
Time: 7:45 AM – 9:00 AM
Contact: Melissa Bottorf, Lead Link Coordinator
E-mail – mbottorf2016@gmail.com
Phone – 570-428-3521
Registration Deadline: None

Mercer County
Event: Dementia Conversations and Family Caregiver Seminar
Description: How to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving, and making legal and financial plans. This seminar will also leave attendees with understanding about Family Caregiver Programs in Mercer County. Presenters include The Alzheimer’s Association and The Mercer County Area Agency on Aging, Inc.
Location: The Shenango Valley Chamber of Commerce, Founder’s Room, 41 Chestnut Avenue, Sharon, PA 16146
Date: Thursday, May 25, 2017
Time: 12:00PM – 2:00PM
Contact: Brittany Buzzelli, PA Link Coordinator
   Email - bbuzzell@co.butler.pa.us
   Phone – 724-282-3008
Registration Deadline: May 24th

Perry County
Event: What it Means to Grow Old for Individuals with Developmental and Mental Health Issues
Description: For individuals with chronic mental illness or intellectual disabilities age-related physical changes and complicated medical problems can cause an increase the risk of hospitalization and institutionalization. This program will assist individuals, providers and systems to understand “normal” age-related changes learn to identify signs of medical problems and how to identify disorders that should be assessed by a professional. Our goal for an engaged, healthy aging population is just the beginning!
Location: Perry Co Office of Aging, 315 Keystone Way, New Bloomfield, PA
Date: May 8, 2017 12:30-3pm
Contact: optimizeaging@gmail.com
Registration Deadline: N/A

Schuylkill County
Event: Schuylkill PA Link Partner Meeting
Description: Join PA Link to meet other like-minded professionals who are working to help local seniors and individuals with disabilities. Guest speakers will be Kevin Cope from Hope for Veterans, Kristie Ondisco from Arcadia Visiting Nurses and Alicia Smith from Seton Manor. There is no cost to attend.
Location: Seton Manor, 1000 Seton Drive, Orwigsburg, PA 17961
Date: May 11, 2017
Time: 9:30 AM – 10:30 AM
Contact: Melissa Bottorf, Lead Link Coordinator
   E-mail – mbottorf2016@gmail.com
   Phone – 570-428-3521
Registration Deadline: None

Somerset County
Event: Emergency Preparedness Training
Description: Free training for the public and human service professionals. The program provides information on how to prepare for a disaster or emergency situation. Presenters include first
responders from Somerset County, American Red Cross, Drug Task Force, Pennsylvania State Police and more.

**Location:** Oakhurst Grille & Event Center, 2409 Glades Pike, Somerset, PA 15501  
**Date:** May 23, 2017  
**Time:** 10am - 3pm (Registration from 9:30a-10a)  
**Contact:** Michelle Younkin  
   Email - palinkcoordinator6@gmail.com  
   Phone - 814-233-9206

**Susquehanna County**  
**Event:** Scams and ID Theft Seminar  
**Description:** Presentation by the Pennsylvania Attorney’s General Office on scams and how to avoid ID Theft.  
**Location:** New Milford Methodist Church, 65 Pratt St., New Milford, Pa  
**Date:** Wednesday, June 7, 2017  
**Time:** 10:00 a.m.-12:00p.m.  
**Contact:** Tiffani Warner, PA Link Coordinator at 1-800-982-4346 or twarner@bstaaa.org  
**Deadline:** Please call by June 1st

**Westmoreland County**  
**Event:** Veterans Resource Training  
**Description:** Various resources for Veterans will be discussed by Veteran’s Affairs, Veterans Homeless Program, White Oak Vet Center, Vietnam Veterans of America & Southwest PA Veterans Home. The event is FREE.  
**Location:** The Greensburg Garden and Civic Center, 951 Old Salem Rd. Greensburg, PA  
**Date:** Tuesday, June 6  
**Time:** 8:30am-12:00pm  
**Contact:** Email palinkcoordinator5@gmail.com or call (724) 237-1242 by May 26th, leave a message to register.

**Washington County**  
**Event:** Western PA Regional Housing Services Forum  
**Description:** Join PHFA, PA Link, and other agencies for a great opportunity to meet resources in your community and network with other professionals in our field. We have created the agenda to explore and share resources that support you in meeting the needs of families, seniors, and people with disabilities. Presenters include: Washington County Drug & Alcohol Commission, United Health Care, Teen Outreach Program, Domestic Violence Services of SW Pa, and Transitional Paths to Independent Living.  
**Location:** Ramada Inn at 1170 W. Chestnut Street, Washington, PA 15301  
**Date:** Thursday, June 1, 2017  
**Time:** 10:00 am- 3:00 pm.  
**Contact:** Cost for the forum is $10.00 which includes lunch. Fee must be paid by Monday, May 29. Register by emailing Melissa Medernach at Mmedernach@phfa.org. In the email, include forum location as the Subject. Send payment of $10, check or money order, made out to PHFA. Mail to: PHFA Housing Services Department, ATTN: Melissa Medernach, 211 N. Front Street. Harrisburg, PA 17101. Receipt for payment will be available day of the forum.

**Announcements**

**Aging Services Specialist civil service exam open**
The Aging Services Specialist is a program professional civil service job title used by the Department of Aging. The civil service examination for the Aging Services Specialist is now open and will continue to be open until September 23, 2017. To find out more about the exam, please click on Open Test Announcements. You will be taken to the Open Test Announcements page of the State Civil Service Commission’s website. Click on the “Social and Employment Services” block and scroll down to the Aging Services Specialist Announcement #2017-043. Open the Announcement to find information about job duties, qualifications, testing and how to apply. Exam applications can be completed on-line at the State Civil Service Commission’s website, www.scsc.pa.gov. If you have questions about the Aging Services Specialist job, please contact Mayra De la Torre Serrano, Recruitment Specialist, in the Department of Aging’s Human Resource Office at 717-705-2928 or mdelatorre@pa.gov.

Human Services Licensing Representative exam open
The Human Services Licensing Representative civil service exam is open until May 20, 2017. The Department of Aging’s Human Services Licensing Representatives, formerly called Older Adult Day Care Licensing Representatives, inspect older adult daily living centers for licensing and provide technical assistance to center operators. To find out more about the exam, please click on Open Test Announcements. You will be taken to the Open Test Announcements page of the State Civil Service Commission’s website. Click on the “Social and Employment Services” block and scroll down to the Human Services Licensing Representative Announcement #2017-049. Open the Announcement to find information about job duties, qualifications, testing and how to apply. Exam applications can be completed on-line at the State Civil Service Commission’s website, www.scsc.pa.gov. If you have questions about the Human Services Licensing Representative job, please contact Mayra De la Torre Serrano, Recruitment Specialist, in the Department of Aging’s Human Resource Office at 717-705-2928 or mdelatorre@pa.gov.

Grant - Improving rural economies
The USDA’s Rural Business-Cooperative Service is now accepting applications for the 2017 Rural Cooperative Development Grant (RCDG) program to improve the economic conditions of rural areas. A robust economy can help support and sustain rural health care services and improve residents’ quality of life. RCDG provides up to $200,000 for nonprofit organizations or colleges and universities to assist in the startup, expansion, or improvement of rural cooperatives and other mutually-owned businesses that sell products and services such as telecommunications, credit and financial services, housing, and food. May 26 application due date.

Grant - Relatives As Parents Program
As the nation continues to grapple with the toll of the opioid abuse epidemic, particularly in rural areas, more grandparents are raising their children. The Brookdale Foundation group has issued a request for proposals (RFP) for its Relatives as Parents Program (RAPP). Brookdale will select up to 15 programs to receive a seed grant of $15,000 and ongoing technical assistance to create or expand support services to grandparents and other relatives raising children. Any not-for-profit organization can apply for the program, including aging service providers, county agencies, and health care providers. June 15 application due date.

Lessons from the Field: Pearls for Improving your Care Practices, Presented by members of the Pennsylvania Restraint Reduction Initiative / Kendal Outreach
The use of outdated, institutionalized practices continue to be a common method for care delivery in nursing homes. These practices lead to increased use of psychotropic medications, decreased mobility, and increased behavioral expressions, compromising quality of life. Over the next several years there will be increased incentives to provide person-centered care. This full day seminar will include lessons from the field representing the combined experiences of the
Pennsylvania Restraint Reduction Initiative / Kendal Outreach team that will give practical approaches to improve quality of life.

**Fee:** $50 per person, includes continental breakfast and lunch (Contact hours available)

**Registration:** [https://kendaloutreach.kendal.org/shop/](https://kendaloutreach.kendal.org/shop/)

**Time:** 8:00 am-3:15 pm

**Dates & Locations:**

Tuesday, May 9, 2017
Grove City College
Rathburn Hall, Morledge Room
330 East Pine Street
Grove City, PA 16127

Wednesday, May 10, 2017
Holiday Inn Monroeville
2750 Mosside Boulevard
Monroeville, PA 15146

Thursday, May 11, 2017
Altoona Grand Hotel
1 Sheraton Drive
Altoona, PA 16601

**Health & Wellness Conference**
The annual Health & Wellness conference provides training, as well as, a networking opportunity for Health & Wellness Coordinators, AAA staff, Health & Wellness Advisory members, and community partners.

Date: May 17, 2017
Location: The Penn Stater Hotel and Conference Center, 215 Innovation Avenue, State College, PA 16803
Phone: (814) 863-5000